



OLYMPIA CAPITOL DOWNTOWN YRE# 653

Distance: 6K, 10K

Difficulty Rating: 6K 1A, 10K 1B

The Capitol Campus proudly sits atop a hill overlooking the historic downtown. The walk wanders through the old sections of downtown, the capitol campus, and parts of the historic South Capitol Neighborhood, with great views of Puget Sound. There are lots of opportunities to stop at small cafes, restaurants, and shops in town. Alleys and walls are dotted with murals. Pass through small pocket parks, and the capitol campus. The walk is especially fun just before and on Halloween, when the South Capitol Neighborhood is in costume; in spring when the flowers are blooming; and in fall when the leaves are turning. Walk passes through the Legislative Building (Closed Thanksgiving & the day after, Christmas, and New Year's Day.) Free guided tours start on the hour from 10-3 M-F and 11-3 on weekends. Walk ends with stunning views of Capitol Lake, the Port of Olympia, Puget Sound, and the Olympic Mountains on a clear day. **Restrooms** for the 6K and 10K are at Bayview Market (start point) and in the capitol building. The 10K route also has **restrooms** at Marathon Park. Print a parking pass for your dashboard while you're parked in the Bayview Market parking lot.

Walk Registration

Registration takes place online using the AVA Online Start Box at my.ava.org. Follow the instructions provided to create a user account and sign the AVA waiver (one time). Instructions for payment are also included. Download the directions and print as needed.

Walk Completion and Walk Credit

Once you have physically completed the walk, please login to your Online Start Box account; click on the "My Start Box" tab; then the "Finish Table" tab; then click on "Go to Finish Table" button for the event you have completed. Use the displayed entry form to submit the date and distance of your walk as well as select applicable AVA Special Programs to generate a stamped "virtual" insert card that you may print.

Table of Contents:

Use the following table to guide what portion of this document you may wish to print.

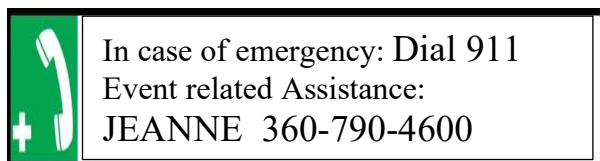
| Section Contents | Pages |
|--|-------|
| Introduction, Walk Registration/Completion, and Table of Contents | 1 |
| Olympia Capitol Downtown Driving/Walking Directions 6K | 2-3 |
| Olympia Capitol Downtown Map 6K | 4 |
| Olympia Capitol Downtown Driving/Walking Directions 10K | 5-6 |
| Olympia Capitol Downtown Map 10K | 7 |
| Dashboard Parking Pass while Parking in Bayview Market Parking Lot | 8 |
| AVA Special Programs Applicable to Olympia Capitol Downtown Walk | 9 |



© Capitol Volkssport Club, Olympia, WA 2021. These walk directions and map may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

Please use either the Online Start Box (OSB) or Physical Start Box (PSB) to register and complete the event. Do NOT mix and match, for example, by registering using the OSB then completing your event using the PSB nor signing the PSB log sheet. The sponsoring club only receives credit for an OSB participation when an OSB registration has been completed online by entering your participation date, distances, and any special programs using the OSB.

OLYMPIA CAPITOL DOWNTOWN YRE WALK #653



kokolo@olywalking.net

Distance: 6K

Difficulty level: 1A

ESVA Challenges: 39 Counties (Thurston); Whiskey-Vino-Brew

AVA Challenges: Walking the United States (50 States/51 Capitals); Walking the USA A-Z

Start Point: Bayview Market, 516 4th Avenue W., Olympia, WA 98502

Lat: 47.044890 Lng: -122.907327.

Driving Directions: From I-5 Northbound: Take Exit 105B and follow Port of Olympia signs. Turn left on Plum St and left on State St which curves to become 4th Ave. Bayview is on the right just before the bridge. From I-5 Southbound: Take Exit 105B which merges into Plum St. Proceed as above. **Restrooms** are at Bayview Market (start point) and in the capitol building.

1. Leave Bayview Market by the side door in the Deli area. Turn **LEFT** then **RIGHT** to enter the boardwalk by the water. (*views of the Olympic Mountains on clear days*)
2. Turn **RIGHT** on the boardwalk. Follow around as it passes the Olympia Yacht Club and *The Sandman* to the sidewalk (4th Avenue).
3. Turn **LEFT** and follow the waterfront around to the 2nd pavilion, at the corner of the lawn next to playground
4. **LEFT** through the steel posts. When walkway becomes Olympia Ave continue on right side of street to Washington.
5. **RIGHT** on Washington to 4th Ave. **Cross** 4th.
6. **LEFT** on 4th to Franklin. **Cross** Franklin.
7. **RIGHT** on Franklin to 7th.
8. **RIGHT** on 7th to Washington
9. **RIGHT** on Washington to 5th.
10. **LEFT** on 5th to Capitol Way.
11. **LEFT** on Capitol Way to 9th Ave.
12. **LEFT** on 9th Avenue to Adams St SE.
13. **RIGHT** onto Adams St, then immediate sharp **RIGHT** to follow paths through the Fertile Earth Garden/Community Shared space. Circle back around to Adams St.
14. **RIGHT** on Adams to Union Ave.
15. **Cross** Union. **RIGHT** to Franklin. **Cross** Franklin.
16. **LEFT**. Continue half a block to parking lot. **RIGHT**, **RIGHT** take path through small park past huge D. Evans redwood to Washington St. (*to avoid steps continue on Union to Washington.*) (3k)
17. **LEFT** on Washington to 11th Ave.
18. **RIGHT** on 11th Ave. **Cross** Capitol Way.
19. **LEFT** on sidewalk to Diagonal Road heading towards Capitol Building.
20. **RIGHT** onto the diagonal road. Follow it past the WWI memorial to **Cross** Cherry Lane.

21. **LEFT** on Cherry Lane to first sidewalk.
22. **RIGHT** to the steps to the Capitol Building.
(If the building is closed continue on the sidewalk to end. RIGHT to cross street and pass the Temple of Justice on right. Continue at #26)
23. **LEFT** to take steps up to enter building.
Explore: Daily free tours on the hour from 11-3. Information at desk to right inside the doors. Take steps up to pass under the enormous chandelier and by the state seal, then down the steps on the other side. (Restrooms on either side at bottom of stairs)
24. EXIT the Building and turn **RIGHT** to steps to the Governor's Mansion.
25. **RIGHT** follow the side walk passing the legislative building and continue forward across the street past the palace of justice on right.
26. When sidewalk ends **Cross** street, **RIGHT** and then angle **LEFT** to viewpoint by Officers Memorial and then take sidewalk to left as it switchbacks down the hill. **Cross** service Road to path along Capitol Lake.
27. **RIGHT** to follow path to along the Lake.
28. When you see the parking lot to right, head towards the light, (at Simmons Ave & 5th Ave).
29. **Cross** 5th and 4th to get to Bayview Market and Finish.

We hope you enjoyed your walk!

Don't forget to log back into the OSB system to "finish/complete" your online registration.



Olympia Capitol/
Downtown Walk
YRE #653
6k

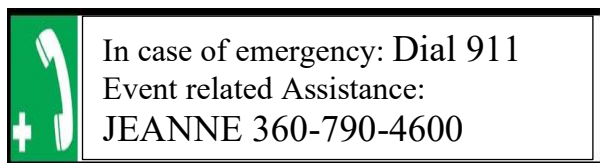




© Capitol Volkssport Club, Olympia, WA 2021. These walk directions and map may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

Please use either the Online Start Box (OSB) or Physical Start Box (PSB) to register and complete the event. Do NOT mix and match, for example, by registering using the OSB then completing your event using the PSB nor signing the PSB log sheet. The sponsoring club only receives credit for an OSB participation when an OSB registration has been completed online by entering your participation date, distances, and any special programs using the OSB.

OLYMPIA CAPITAL DOWNTOWN YRE WALK #653



kokolo@olywalking.net

Distance: 10K

Difficulty level: 1B

ESVA Challenges: 39 Counties (Thurston)

AVA Challenges: Walking the USA A-Z;
Walking the United States (50 States/51 Capitals);
Ice Cream Parlors; Little Free Libraries.

Start Point: Bayview Market, 516 4th Avenue
W., Olympia, WA 98502
Lat: 47.044890 Lng: -122.907327.

Driving Directions: From I-5 Northbound: Take Exit 105B and follow Port of Olympia signs. Turn left on Plum St and left on State St which curves to become 4th Ave. Bayview is on the right just before the bridge. From I-5 Southbound: Take Exit 105B which merges into Plum St. Proceed as above. Restrooms are at Bayview Thriftway (start point), Marathon Park, and in the Capitol Building.

1. With your back to the Bayview Market, cross parking lot to 4th Ave.
2. **LEFT** at 4th. Continue to Chestnut Street. 1k
3. **LEFT** on Chestnut. **Cross** State Street, then Olympia Avenue to gravel path along bay.
4. **LEFT** on path that will curve right along bay to *path just before black cyclone fence*. **LEFT** on path to sidewalk
5. **RIGHT** on Marine Drive sidewalk. Road veers left to become Market Street at next corner.
6. **Continue** on Market Street to steps at end of Batdorf & Bronson Building. 2k
7. **Follow** steps up to Tasting room entrance (Free samples of brewed coffee.) Dancing Goats statue on left.
8. **Follow** sloping sidewalk to see garden and return to Market Street sidewalk.
9. **RIGHT** on Market Street sidewalk.
10. **Cross** Washington St.
11. **RIGHT** then immediate **LEFT** onto Garden Path.
12. **Straight** on path to Olympia Farmer's Market and through it.
13. **Exit** at opposite end of the Market Building
14. **LEFT** towards Roundabout.
15. **RIGHT** on crosswalk towards Corky Ave. **Cross** Corky.
16. **Straight** on Capitol Way to Thurston Avenue.
17. **RIGHT** on Thurston to boardwalk at waterfront.
Attention Boardwalk very slippery when wet!!
To avoid: Halfway to boardwalk is Columbia St. Left to 5th. Cross 5th, then right to lake and continue at #20
18. **LEFT** on the boardwalk to 4th Ave. 3k
19. **Cross** 4th Ave and 5th Avenue to Capitol Lake. **RIGHT.**

20. Follow sidewalks counterclockwise around lake to Marathon Park parking lot. 4k
21. **LEFT** on sidewalk at parking entrance. (**Restrooms**).
22. **Continue** on sidewalk to gravel path.
23. **LEFT** onto gravel path. Follow path to end of bridge, **Veer RIGHT** onto paved service road. 5k
24. **Walk** on service road to opening in fence.
25. **RIGHT** onto switchback path up hill to Stop Sign and crosswalk at the top.
26. **Continue straight**, (on unmarked Cherry Lane) crossing crosswalk and following sidewalk to gray Parking Booth.
27. **RIGHT** at Parking Booth to domed Capitol Bldg. steps.
28. **LEFT**. Climb the steps to Capitol Building entrance. 6k (**Building closed? Circle building to covered columned South Portico on other side. With your back to doors you are "finishing" step 32. Continue at step 33.**)
29. **Enter** the Capitol Building and continue straight up the inside steps to the Washington State Seal.
30. **Straight** descending the steps below the clock, toward the opposite doors.
31. **Restrooms** are available at bottom of the steps. Right for women and Left for men.
32. **Exit** doors of Capitol Building.
33. **Straight to** cross street and pass the sundial. Joel M. Pritchard Library is directly in front. Take ramp to left that goes to left side of library. **Straight** on sidewalk next to library. **Cross** next street
34. **Jog slightly left** to take Sylvester St to 17th Ave.
35. **LEFT** to Water Street.
36. **RIGHT** on Water Street to 21st., remaining on sidewalks at all times.
37. **LEFT** at 21st to Capitol Way.
38. **LEFT** at Capitol Way to stoplight at Maple Park Avenue.
39. **RIGHT**, crossing Capitol Way onto Maple Park Avenue to Franklin Street.
40. **Cross** Franklin St. Then **LEFT** cross Maple Park Avenue.
41. **RIGHT** then immediate **LEFT** to wide sidewalk at first building- Department of Transportation Building (DOT).
42. **Take sidewalk on left** for length of DOT.
43. **RIGHT** at end of DOT Building.
44. **LEFT** at staircase. Descend steps and turn **LEFT** to second right turn. (**Restrooms** on right.)
45. **RIGHT** on sloping path, **Veering Right** past the Dancing Girl Statue to sidewalk adjacent to building.
46. **LEFT on straight sidewalk** towards the Capitol Bldg. 8k
47. **Cross** Capitol Way, **LEFT** to corner. **Sharp RIGHT** to take diagonal street to roundabout. **RIGHT** to **Cross** street.
48. **RIGHT** on next diagonal street to Capitol Way.
49. **LEFT** on Capitol Way down the hill to 5th St. **Cross** 5th.
50. **LEFT**, pass park to Sylvester St.
51. **RIGHT** to 4th. Press crosswalk lights to **Cross** 4th.
52. **LEFT** to Bayview and finish.

We hope you enjoyed your walk!

Don't forget to log back into the OSB system to "finish/complete" your online registration.

* * * * * * * * * * * * * *

*

*

*

*

*

*

*

*

*

*

*

*

*

*

* * * * * * * * * * * * * *

I am on a walk
with the
Capitol Volkssport
Club

